

DIAA Sports Medicine Advisory Committee Meeting

June 3 – 545pm - Sabre Building Conference Room, Newark DE

1- The meeting was called to order by Dr. Michael Axe Committee Chair at 545pm.

2- Committee members in attendance were: Dr Michael Axe, Chair; Dr Brad Bley, DIAA Board; Mr. Tommie Neubauer, DIAA Executive Director; Dr Lynn Snyder-Mackler; Dr Julie Moyer Knowles; Ms. Lori Hoffman; Dr Joe Straight; Dr Jeremie Axe; Dr JT Laws; Ms. Mandy Minutola.

3- The Committee discussed the DIAA proposed regulation changes regarding Coaching Out- of- Season. The following motion was made by Dr. Lynn Snyder-Mackler and seconded by Dr. JT Laws. The motion passed 9-0, 1 abstention [Neubauer].

The DIAA SMAC recommends the following guidelines be adopted when considering out of season coaching regulations:

1. Regulations previously proposed allowing for full calendar year coaching should be limited to rising juniors. The exception to this would be that all pitchers/catchers would be allowed to begin a progressive throwing program beginning six weeks prior to start of normally scheduled start date.
2. For at least 3 months per calendar year, the coach may not coach a student-athlete out -of -season in the same sport he coaches in- season. One of those 3 months must be a 30 day period immediately succeeding that sports last in season day of participation.
 - a. Coaching Outside of the normal school season shall not exceed five (5) days a week and follow regulations 4.2.2.4 and 4.2.2.5 for length of practices.
 - b. Coaching an athlete who is not actively participating in an in- season school sport during the school year shall be limited to 2 hours of practice per school day, five hours on a non school day where there is no more than 3 consecutive hours before a one hour recovery time is conducted (4.2.3.1-3).
 - c. Coaching an out- of- season sport during the school year for an athlete actively participating in an in - season sport must follow regulations 4.2.3.1-3 (2 hour practice limit per school day); however, athletes may practice in their out -of- season sport during other days so long as total playing time of both sports do not exceed 2 hours per day on a school day and 5 hours per day on a non school day, have at least 1 hour of rest between sports, do not exceed 3 hours for any one sport on a non school day, and have at least one day where no sport activity whatsoever per calendar week is occurring. During the academic school week, total participation time is not to exceed 15 hours in a 7 day period.
3. All athletes should be encouraged to participate in multiple sports, and not specialize in a single sport.

4- Old Business - There were no items discussed from old business.

5- New Business -

- a. Consider changing meeting dates to first Mondays of August, November, and February
- b. Mr. Neubauer asked the Committee to review the pitch count policy as it would apply to a game suspended due to weather and then continued the following day. This is especially relevant during state tournament play.

6- Public Comment

- a. Mr Mike Leclair: Appreciated research and medical opinion. Believed open dialog will help construct good regulations that will let those less fortunate has good out of season coaching . Believes parents will search for other coaches if regulation does not pass, so total participation time will not change
- b. Ms Mary Pat Kwoka: If preseason was not starting earlier, two-a-days/longer practice days would be needed (up to the 30 hrs per week as currently allowed in fall sports). Most other recommendations above fall within acceptable standards

c. Ms Trina Leclair: Questioned how hours can be properly monitored. Stated most kids want to practice more with their coaches in order to become better high school players, and have no interest in college participation.

Time has been allocated at the end of the meeting for individuals or groups to address the Board on scheduled action items or other issues they wish to bring before the Board. Persons wishing to make comments should sign up on the appropriate form. Each group should choose one representative to speak and comments should be limited to five minutes. Speakers will be recognized by the Board Chair in the order their names appear. If a large group of people sign up to speak, the Board Chair may at his/her discretion, limit the number of persons allowed to speak.

7- Motion to Adjourn made by Ms. Mandy Minutola, seconded by Dr. Joe Straight, passed 10-0 at 615pm.

NOTE: Pursuant to 29 *Del. C.* § 10004(e)(2), the Delaware Interscholastic Athletic Association Sports Medicine Advisory Committee's agenda shall be subject to change to include additional items or the deletion of items, including executive sessions which arise at the time of the Committee's meeting. The times designated on the agenda are approximate and are listed for administrative purposes only. The Committee reserved the right to hear any matter out of order during the meeting. The Committee may also take breaks during the meeting.

Next Meeting - Second Monday in December 6pm Sabre Bldg Conf Room